

Tap Dancing for Beginners

If you love dancing and movement, want to feel joyous and uplifted, and fully exercise your mind, then give tap dancing a whirl for “a better later life”.

The tap-dancing group began in the spring of 2022 for some fun and to add a little extra to our music-comedy acts. Once we got going, we felt the amazing benefits of increasing our strength and giving our brains a full work-out! Plus, it's fun.

We feel joyous and uplifted when we tap dance. We make noise with our feet when we need to get things out of our system. Stomping surely does the trick!

When our brains feel a little gooey, and we can't remember the steps, we remind ourselves we're creating new neural pathways and that our brains and bodies are learning new moves. It's awesome. And not limited by age.

One of our participants said: “I find this class very stimulating. I feel it's helping me with my balance, co-ordination, state of mind and energy levels. It's a small group but great fun to be with.”

When: Wednesdays, 6-7pm

Where: The Hub, Healesville Living and Learning Centre, 1 Badger Creek Road, Healesville

So, if you want to have a go, head down to The Hub on Wednesday's.